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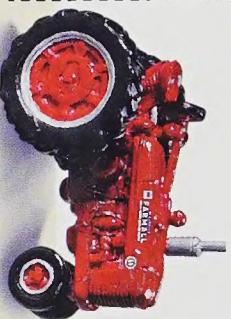
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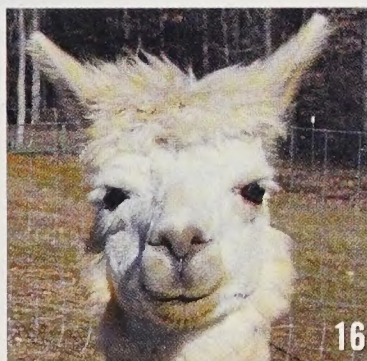
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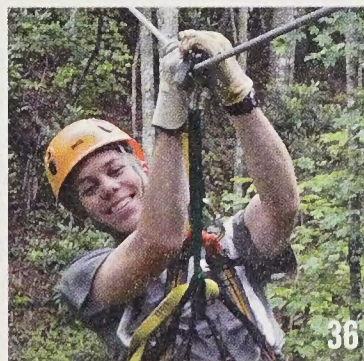
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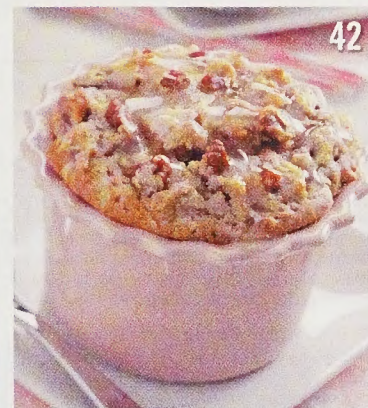
Jeff Brown, a former Army officer with more than 15 years in the electric utility business, runs Sandhills Utility Services for the Fort Bragg community. See page 12. (Photo by Don McKenzie, www.mckenziephotography.com)



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Carolina country

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Editor

Michael E.C. Gery, (919) 875-3062

Senior Associate Editor

Renee C. Gannon, CCC, (919) 875-3209

Contributing Editor

Karen Olson House, (919) 875-3036

Creative Director

Tara Verna, (919) 875-3134

Senior Graphic Designer

Warren Kessler, (919) 875-3090

Graphic Designer

Linda Van de Zande, (919) 875-3110

Publication Business Specialist

Jenny Lloyd, (919) 875-3091

Advertising

Jennifer Boedart Hoey, (919) 875-3077

Executive Vice President & CEO

Rick Thomas

Senior Vice President, Corporate Relations

Nelle Hotchkiss

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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

We support U.S. rural development programs



By Eddie Miller

Excerpted from testimony Mr. Miller delivered to the U.S. Congress Subcommittee on Rural Development, Specialty Crops, and Foreign Agriculture, July 20, 2010.

My life story has been totally wrapped up in the field of rural development. I was born in Perquimans County, one of many low-wealth areas of eastern North Carolina where the greatest export is the children who leave home to find good employment. While I did not know it at the time, the summer work I performed for my father's building company was to build low-income housing financed by the Farmers Home Administration (FmHA), the predecessor agency to USDA Rural Development.

Upon graduation from NC State University in 1970, I worked with FmHA in Chatham and Randolph counties, assisting farmers, local governments, businesses, potential homeowners, non-profit organizations and others. When I returned home in 1976 to become an owner of a Chevrolet dealership and a small construction company, it became apparent to me that there was no future for small businesses due to the crisis in the farm economy.

In 1982, I returned to FmHA as assistant to the state director, helping to deliver all USDA Rural Development programs and other federal and state programs. During all this time, USDA adapted well to meet the changing needs of rural communities. I have seen the support of our congressional delegation in making North Carolina a national leader in delivering services to rural communities.

I like to compare a successful builder who has a large tool box to the

successful USDA Rural Development employee who knows about all agency programs plus those of other resource providers. They both know how to select the best tools to meet the needs of the communities they serve.

In April 2009, I moved on to the North Carolina Association of Electric Cooperatives to assist co-ops in local economic development. Among other roles, I provide guidance to the cooperatives regarding resources available from USDA Rural Development.

Looking forward to next year's Farm Bill appropriations, I urge Congress to continue funding USDA programs. Our communities have benefited greatly from Rural Development programs that support local economic development in the following areas:

- Housing assistance for low-income and elderly citizens.
- Support for first responders, schools, medical and related services.
- Loans and grants for eligible businesses, industry and farms.
- Renewable energy and energy efficiency loans and grants.
- Water and waste disposal systems.
- Broadband programs in underserved areas.
- Financing for electric cooperatives.

I especially would like to thank Congressman Mike McIntyre and Congressman Larry Kissel for their continued support of the USDA Rural Development programs to electric cooperatives in our state.

Eddie Miller is vice president for member service and community development with the North Carolina Electric Membership Corporation, Raleigh.

Civil War sites on GPS

Thanks for the article on the “26th North Carolina” [June 2010]. I have been recording the GPS coordinates of the Civil War Trails historical markers and the North Carolina State Highway Historical Markers as I run across them on our trips throughout the state.

The GPS location file is located at www.poi-factory.com/node/20069.

This file is free and available for download by anybody. Compared to paper maps, the use of a GPS device is much more accurate.

I also hope that others will be able to submit GPS coordinates. The more data, the more useful the file will be for everybody.

Stephen Rynas, Morehead City

It works in Italy, too

The article about “Hog Farmers Go Green” [June 2010] brought back memories. Stationed in Europe in the 1970s, I read about an energy conservation system offered by FIAT (now Chrysler’s “parent”). It targeted primarily dairy farms. It consisted of a methane collection system, a converted FIAT motor, generator and electric controls to allow integrating the system into the public electric power system. Prompted by your article, and with visions of those flares on the Butler farm, I contacted FIAT and found that this system was indeed offered, but is no longer being marketed here (stateside). In Italy, I located a service organization, so I can assume that these systems are still running in Europe.

In the absence of FIAT as a source, I should think that it would be a simple matter to convert an internal combustion engine to burn methane, and the associated electric system is really old technology. Having an effective methane collection in place would make the installation a boon to energy conversion, a simple and relatively inexpensive thing. I remember reports from Europe where farmers not only powered their dairy farm operations with methane as an energy source, but sold surplus energy to the public power system.

Richard Sitterding, Goldsboro

Saving water and energy

This is in response to the letter in the July magazine about the water-saver toilets [“First Person,” July 2010]. I have one, and it is a fast flusher. It doesn’t take three flushes like he said his does. One flush is all it needs.

Also, he said the new energy-efficient washers and dryers take too long. There are a variety of settings to choose from. I use the quick wash cycle that does the whole load in 28 minutes. The clothes are just as clean as they were on the 85-minute cycle. The dryer has different cycles, too. I put mine on a timed dry. I always have large loads, and 40 minutes will dry everything. You need to check your exhaust hose often to make sure it’s not full of lint. That will make your dryer take longer, too.

I am very satisfied with my new, efficient appliances and toilet. I hope in the near future to replace the two other toilets I have with the new water-saver toilets.

Patty Niten, Mt. Airy, Surry Yadkin EMC

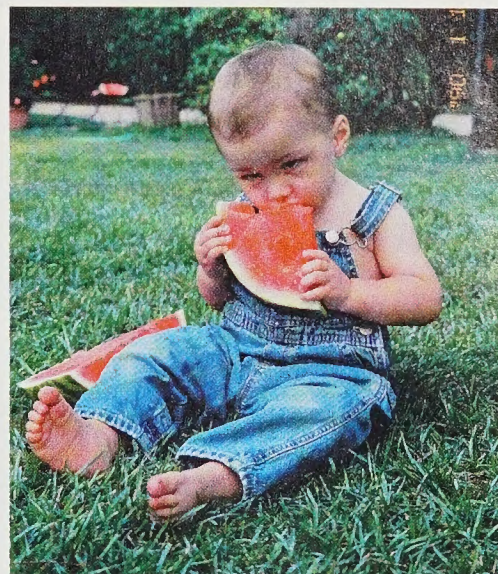


Goat barn

This old country store is a landmark in Lincoln County on Shoal Rd. and Crouse Rd. Hugh and Mae Black’s store was moved across the road in a pasture and is now a barn for about 30 or more goats. As people come to the stop sign at the intersection, the goats will be playing on the roof.

I live across the road, and I never knew that goats have so many different calls. Sometimes, it sounds like humans making sounds!

Mary Froneberger, Crouse, Rutherford EMC



Bradley cool

My grandson, Bradley, sure does enjoy a cool slice of watermelon on a hot summer day.

My husband, Mike, and I have been members of Central Electric for many years. We have enjoyed the stories, information, recipes and especially the photos sent in by readers throughout the years.

Teresa Sheets, Sanford, Central EMC

Contact us

Website: www.carolinacountry.com

E-mail: editor@carolinacountry.com

Phone: (919) 875-3062

Fax: (919) 878-3970

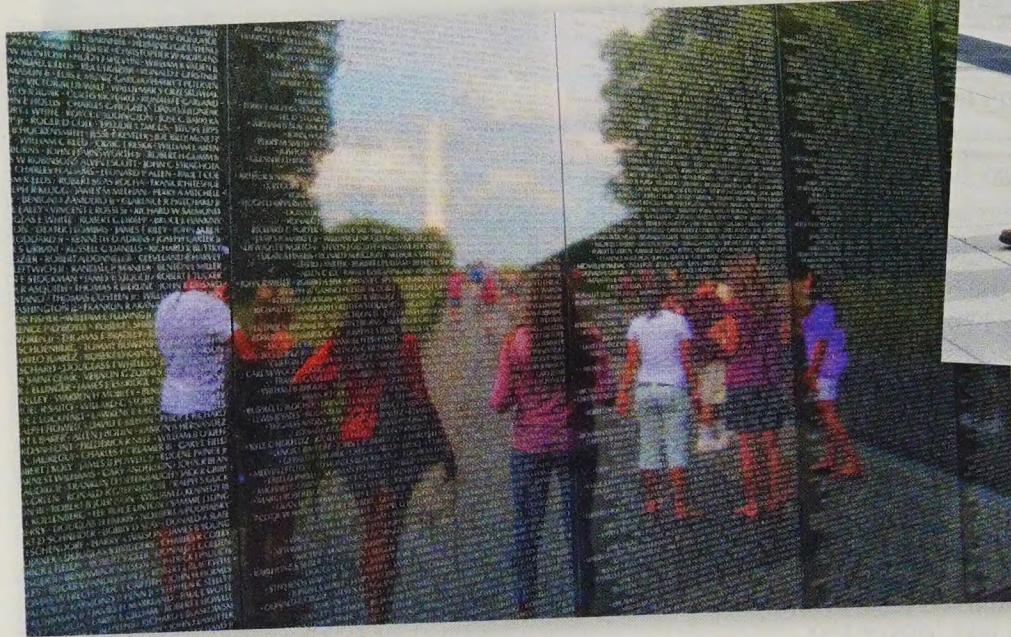
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Glimpses of the Youth Tour

31 students representing 16 North Carolina co-ops joined the June 10–18 Rural Electric Youth Tour to Washington

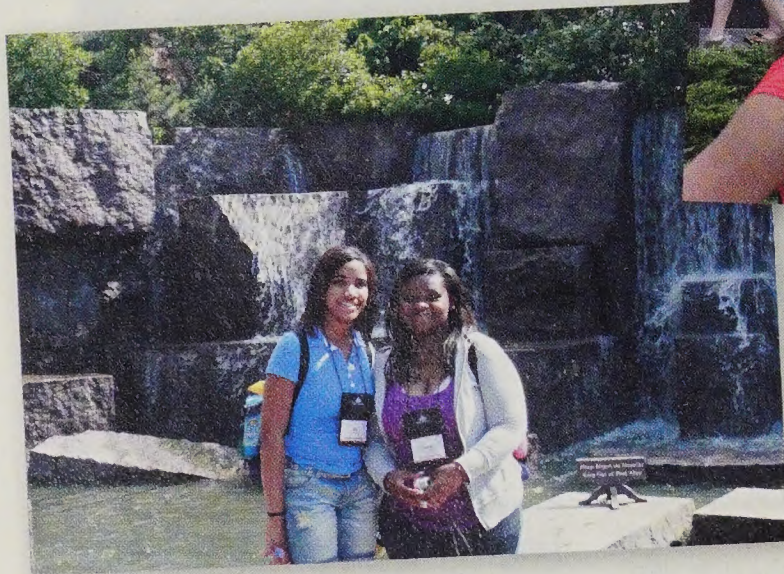


At the Vietnam Veterans Memorial I thought, “The names on the wall are people who died for our freedom, and my reflection represents who they died for.” Sara Young took this picture.

Marissa Linton, Tri-County EMC

I took this picture at the Korean War Memorial as a reminder of those who died in service, so that my generation could have freedom. That’s Danielle Leonard of Halifax EMC.

Sara Young, French Broad EMC



We all came from different schools and different lives, but we all left as friends. We experienced Washington in a way that no one else would ever understand. This shows Tot Holley of Roanoke EC and Taylor Peyton of Jones-Onslow EMC.

Katlyn Rogers, Tri-County EMC



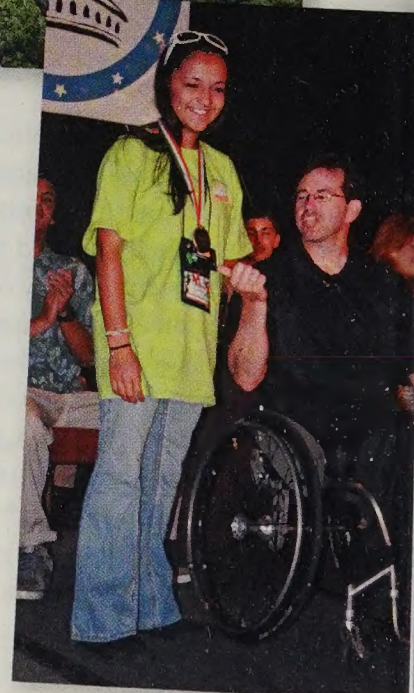
Clayton Harris (Albemarle EMC), Clay Long (Wake EMC), Marissa Linton (Tri-County EMC) and Dillon Vess (French Broad EMC) walk proudly with a U.S. Army Honor Guard during the laying of the wreath on the Tomb of the Unknown Soldier. I felt a chill in my bones.

Dillon Vess, French Broad EMC



Mike Schlappi reminded us all that although sometimes we can be hindered by circumstances, we should always be on a path to our goals. “If you can’t stand up, stand out” was the most motivational speech that I’ve heard in my life.

Clay Long, Wake EMC



A pink gift box with a blue ribbon bow. The box is wrapped in pink paper with a subtle pattern, and the bow is made of a shiny blue ribbon. The box is sitting on a light-colored wooden surface.

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“Move over” for utility trucks

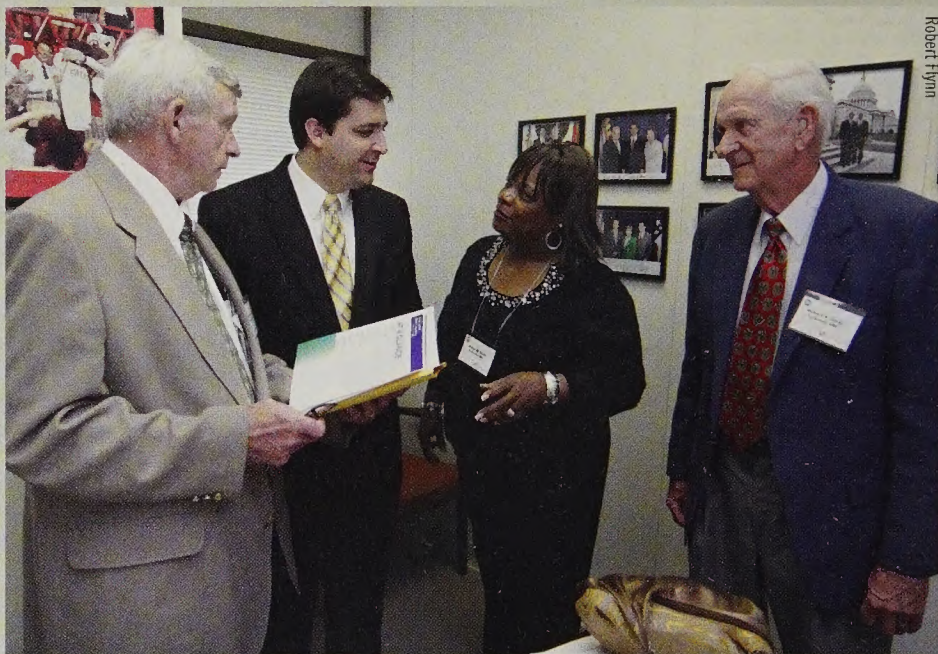
Gov. Bev Perdue in July signed into law a bill that requires motorists to switch lanes or slow down when passing a utility service vehicle parked on the side of the road. The “move over” requirement was extended from an earlier law pertaining to law enforcement and emergency response vehicles. The provision exempts situations where moving into another travel lane is not safe.



Hot enough?

If your cooling bills have been higher in recent months, consider this:

- ☀ The earth’s combined land and ocean surface temperature in June made it the warmest June on record, according to the National Oceanic and Atmospheric Administration (NOAA). The previous record was set in June 2005.
- ☀ June was the 304th consecutive month with a global temperature above the 20th century average, NOAA reported. The months of March, April and May 2010 each recorded the warmest global surface temperatures ever for those months as well. In fact, the January–June period of 2010 set the world land-and-sea surface temperature record as the warmest on record for the January–June period.
- ☀ The last month with below-average temperature on the earth was February 1985, NOAA said.



Robert Flynn

Rally in Raleigh

Tri-County EMC board members (from left) Bill Farmer, Janice Smith and Richard Grady discuss with freshman state Sen. David Rouzer (second from left), Republican from Johnston County, issues important to electric cooperatives during June’s Rally in Raleigh. More than 150 cooperative board members and employees walked the halls of the state legislative building discussing with members of the state General Assembly issues including renewable energy, energy efficiency, climate change policy, the “smart grid,” economic development and community outreach.

Co-ops investing in solar electric facilities

GreenCo Solutions, a services company owned by the majority of the state’s electric cooperatives, recently became involved in two new solar photovoltaic (PV) projects at small businesses located in Carrboro and Chapel Hill. GreenCo’s participation in the projects was coordinated by Strata Solar, who designed and installed both projects.

Chapel Hill Tire Co. Car Care Center’s 16.4-kilowatt PV array went live in April.

The PV system is now producing electricity from solar panels on the roof of its Carrboro location. Duke Energy will purchase the energy.

A 100.8-kilowatt PV array began producing electricity in June at Pickards Mountain Eco-Institute in Chapel Hill. The Piedmont EMC cooperative will purchase the energy.

“North Carolina’s electric cooperatives are developing a diverse portfolio of solar resources to meet the renewable energy goals of our electric cooperative members,” said Tim Bennett, vice president of business operations for GreenCo Solutions.



Solar electric array at Pickards Mountain Eco-Institute in Chapel Hill.

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Welcome a new Digital Revolution.

With the release of the dynamic new *Compendium*, those boxy, plastic wrist calculators of the past have been replaced by this luxurious LCD chronograph that is sophisticated enough for a formal evening out, but rugged and tough

enough to feel at home in a cockpit, camping expedition or covert mission.

The watch's extraordinary dial seamlessly blends an analog watch face with a stylish digital display. Three super-bright luminous hands keep time along the inner dial, while a trio of circular LCD windows track the hour, minutes and seconds. An eye-catching digital semi-circle animates in time with the second hand and shows the day of the week. The watch also features a rotating bezel, stopwatch and alarm functions and blue, electro-luminescence backlight. The *Compendium Hybrid* secures with a rugged stainless steel band and is water-resistant to 3 ATMs.

Guaranteed to change the way you look at time. At Stauer, we believe that when faced with an uphill economy, innovation and better value will always provide a much-needed boost. Stauer is so



The Compendium: The spectacular face of the latest watch technology.

confident of their latest hybrid timepiece that we offer a money-back-guarantee. If for any reason you aren't fully impressed by the performance and innovation of the Stauer *Compendium Hybrid* for \$49, simply return the watch within 30 days for a full refund of the purchase price. The unique design of the *Compendium* greatly limits our production, so don't hesitate to order! Remember: progress and innovation wait for no one!

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How Tiny Tim The Turtle Grew Into His New Home

"I couldn't do that without Bright Ideas."

By Morgan Genty



Jan Wicker's 2009-2010 kindergarteners and Morgan Genty (top) at Sylvan Heights Waterfowl Park.

Jan Wicker not long ago introduced her kindergarten students at Weldon Elementary to their new class pet, "Big Tim," the turtle. He was crawling around in a nice, new 55-gallon terrarium.

Back in 2007, the kindergarten class knew the turtle as "Tiny Tim." He was a baby red-eared slider who lived in a 20-gallon fish tank.

In between, the turtle lived with Mrs. Wicker's next-door neighbor, when Mrs. Wicker was on a leave of absence undergoing surgery and treatments for breast cancer. During that time, the turtle outgrew his tank. To buy Tim a new home, Jan Wicker applied for and won a Bright Ideas grant from Roanoke Electric Cooperative, just as she had two years earlier.

As soon as Mrs. Wicker was notified that she was a Bright Ideas winner, she began ordering the necessary supplies to give life to her projects and bring Tim back to the classroom. The day the students finally met "Big Tim" was a memorable one. The classroom erupted with squeals as he crawled around his new terrarium.

The Bright Ideas grant also allowed Mrs. Wicker to follow her lesson plan to teach students about the animal kingdom the best way she knew how—hands on! She could purchase pill bugs and earthworm cocoons, and later help fund a field trip to Sylvan Heights Waterfowl Park in Scotland Neck.

"The first thing I did with the bugs was show them the differences between

the roly poly and the sow bugs," Mrs. Wicker said. "They discovered quickly that the sow bug was very fast."

So, of course, they had bug races on a tabletop. "We had a few bugs jump ship but many willing helpers to pick them up," Mrs. Wicker said. "We had two casualties and a few lost limbs—bugs that is. But it was a blast!"

The kindergarten class also observed the earthworm cocoons hatch baby worms, who ended up living happily ever after in Mrs. Wicker's lily garden at home. And they studied the various birds they would see at Sylvan Heights.

Last April, Mrs. Wicker and her students headed to Sylvan Heights. "The last few years we have tried to take the students on three field trips, but there is no money allocated, and some parents just aren't able to pay for the entire trip," she said. "Normally, a trip to Sylvan Heights would cost \$11 per student for the bus, driver, entrance to the park and educational class. With my Bright Ideas money, I was able to get the cost down to \$6 this year. I was also able to pay the way for several students who would have otherwise not been able to go."


While at the park, the students saw several turtles just like Tim. They identified the different types of birds they were learning about in class. They laughed at the flamingos standing on one leg. They imitated the call of the toucan and chased after the wild turkey as he made his way around the park.

As a three-time Bright Ideas grant

Teachers: Apply now for your grant

North Carolina's electric cooperatives have earmarked nearly \$600,000 for the Bright Ideas program this year, and have given more than \$7.1 million to teachers across the state since the program began in 1994. Teachers interested in applying for 2010-2011 Bright Ideas education grants of up to \$2,000 should visit www.ncbrightideas.com to find out if your school is eligible and to fill out an application online. The deadline is mid to late September, depending on your school's sponsoring electric cooperative. Become a fan of "Bright Ideas Education" on Facebook to receive regularly updated information regarding the program.



winner, Mrs. Wicker, who is now cancer-free, believes in innovation in education and is grateful for help from community partners, like North Carolina's electric cooperatives. "Many of my students come to me with very little life experiences outside of the home," she said. "It is part of my job to bring things into the classroom that they normally would not be exposed to, and I couldn't do that without Bright Ideas." 

Morgan Genty is a communication specialist with the North Carolina Electric Membership Corporation.

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Delivering Power to the U.S. Army

Sandhills Utility Services was formed by four neighboring electric cooperatives to run the electric power system for Fort Bragg, Pope Air Force Base and Camp Mackall

By Catherine O'Dell, Photography by Don McKenzie

When the U.S. military needed a partner to keep the electric power flowing to the world's largest Army installation at Fort Bragg, they put their trust in a system set up by four North Carolina electric cooperatives. It was a decision that has added even more pride to Fort Bragg.

Sandhills Utility Services, LLC, formed in 1997 by four neighboring cooperatives, today operates a distribution system that has nearly doubled in size and capability since it began work here 10 years ago. And the system is poised to take on more as Fort Bragg and its affiliated bases and community grow in the coming years.

The four cooperatives that formed Sandhills Utility Services (SUS) in 1997 are Central EMC in Sanford, Lumbee River EMC in Red Springs, Pee Dee EMC in Wadesboro and South River EMC in Dunn. Fort Bragg was the first U.S. military installation to begin the

process of transferring utility services to the private sector. Jeff Brown, the CEO of Sandhills since 2007 who began work here as engineering manager in 2004, has seen the cooperative way of doing business succeed at the military base.

"Sandhills Utility Services is a valuable investment for the cooperatives," says Brown. "We have been able to work with the Army to enhance our services. We offer the military the flexibility of a small company, a single location, on-site decision making and local command and control. More importantly, we never forget that we have one customer—the Army."

Only a handful of cooperatives had previously pursued contracts on military installations prior to the Fort Bragg deal. Today there are 21 cooperatives providing electric service to 20 military installations in 14 states.

A massive job

Fort Bragg is located on over 250 square miles in Cumberland, Hoke, Harnett and Moore counties and the city of Fayetteville. Its population of about 30,000 makes Fort Bragg the largest Army installation in the world. Fort Bragg has all the amenities of a typical mid-sized city including over 20 million square feet of office space, numerous shopping centers, restaurants, banks, medical and dental clinics, a major medical center, schools, churches and recreational facilities.

When SUS began work on Fort Bragg, the system had 665 miles of distribution lines, 9,595 poles, four substations, 2,259 transformers and a capacity of 100 megawatts (mw). Today, SUS maintains 1,050 miles of distribution (all new construction is underground), 11,992 utility poles, five substations (three additional substations are under construction or planned), 3,836 transformers, 105 generators, 26 miles of fiber-optic line and has a capacity of 175 mw.

Orchestrating electric distribution services in this fast-paced environment is not for a novice. Jeff Brown is a former Army officer with over 15 years management experience in engineering, operations, transmission and distribution services at Progress Energy and two years with Edison Electric Institute.

"Keeping a firm footing on the growth and the timing of it is a real challenge," Brown says. "This job requires a lot of coordination. With the volume of work it is complicated to get projects completed. I spend a lot of time gathering key information in order to mobilize our resources effectively."

As for any electric utility—if not more so—the system at Fort Bragg requires a dependable, experienced workforce. SUS has 32 full-time employees and 12 to 18 permanent and contract line crews in the field at any given time.

"In the first few years we depended

heavily on contract crews," says Brown. "The need for consistency of projects spawned the need to grow our engineering department. We have been lucky to be able to hire people with a tremendous amount of project development experience."

SUS started operations working out of a temporary construction trailer

Once the nation's base realignment is complete, the Fort Bragg area population could grow by over 40,000 military personnel, civilian employees, contractors, support personnel and family members.

then built a 5,000-square-foot facility. A 13,000-square-foot addition is nearing completion.

In addition to the operations and maintenance of the electric distribution system, SUS has recently transitioned to owning, maintaining, repairing and replacing the installation's generators—some as large as 1.5 to 2 mw. Additionally, they are tackling all of the metering, as well as the inventory, repair and replacement of all sports field lighting. By October the SUS contract will be expanded to the adjacent Pope Air Force Base

generators, green ramp lights, sports field lights, meters and beacon lights.

Providing electric service for facilities on a military base in a state of continuous readiness means a lot of extra equipment.

"Most buildings are loop-fed so that they have a second source of power in the event of an outage," Jeff Brown

stresses. He adds, "We have SCADA (Supervisory Control and Data Acquisition) fully deployed on all of our equipment, including generators. And the entire system is GIS mapped—all gen-

erators and street lighting are mapped to the appropriate building."

Also like other utilities—and certainly more so—SUS repairs, updates and replaces infrastructure as needed. "Providing electric service on a military installation is different than any other utility," Brown says. "Equipment tends to get destroyed during training exercises and that is just part of it."

A massive expansion

In 2003, SUS introduced a 50-year operations and maintenance contract to provide existing and future electric



A construction crew installs concrete light bases.



Locating underground facilities before digging.

distribution on Fort Bragg, Pope Air Force Base and Camp Mackall in nearby Richmond and Scotland counties. The plan came just in time. By 2005, Fort Bragg had been chosen as the new home for the U.S. Army Forces Command (FORSCOM) and the U.S. Army Reserve Command (USARC). These units, among others, are expected to relocate here from Fort McPherson, Ga., by October 2011. Once the realignment is complete, the area population could grow by over 40,000 military personnel, civilian employees, contractors, support personnel and family members.

FORSCOM is responsible for 750,000 active and reserve soldiers nationwide. USARC is responsible for the command and control of all the nation's Army Reserve forces, and it provides the logistical, operational and functional supervision to ensure wartime preparedness of all Army Reserve units.

The military is expected to spend \$1.3 billion on construction projects on Fort Bragg by 2013, while additional privatized military housing is estimated at \$336 million, according to the Comprehensive Regional Growth Plan prepared by the BRAC (Base Realignment and Closure) Regional Task Force, which represents the surrounding counties and municipalities.

Not only has there been a flurry of construction projects to prepare

the sprawling 18-building FORSCOM/USARC complex featuring a 700,000-square-foot headquarters building, but SUS has come to expect certain unforeseen construction projects as well.

"Construction of the FORSCOM headquarters is a huge project, but we have also seen a lot of growth from other (military) contractors needing buildings on post to support FORSCOM," Brown

says. There have been calls for new barracks, dining facilities, health clinics, offices, motor pool and maintenance structures and family housing units.

All across Fort Bragg, the traditional white clapboard-sided bay-style WWII era barracks are being replaced by multi-story brick and stucco barracks containing suites to accommodate four to eight soldiers each. Approximately 2,700 soldiers relocating to Fort Bragg will be living in military housing.

Recently, Fort Bragg launched a new housing venture along with Picerne Military Housing to set a new standard of living for military families. Linden Oaks is built on 1,100 acres

off NC Hwy. 87 in Harnett County. Once complete, the controlled-access subdivision will ultimately have 1,262 homes for junior enlisted and senior non-commissioned officers, as well as company and field grade officers. Linden Oaks has Fort Bragg fire and police protection, a child development center, two recreational centers with community pools, two elementary and one middle school, and a dog park.

Like its cooperative partners, SUS is committed to its surrounding community. SUS holds an annual golf tournament to benefit the schools on post. Proceeds are split among all Fort Bragg schools and given to their PTAs and guidance departments. Brown admits he was inspired by the North Carolina cooperatives' Bright Ideas teacher grant program and decided that Sandhills Utility Services also is suited to help the children of our nation's warriors. 🌱

Catherine O'Dell is manager of member and public affairs at South River EMC, Dunn.

Sandhills Utility Services
www.sandhillsutility.com

BRAC Regional Task Force
www.bracrftf.com

Fort Bragg
www.bragg.army.mil



Reviewing plans for substation upgrades are (from left) Sandhills Utility Services engineering manager David Keith, CEO Jeffery Brown, and operations manager David Austin.

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Alpacas bring value and charm to NC farms

Text and photos by Karen Olson House

After a couple of calls from Teresa, they slowly approach. When they reach her, these two-toed creatures are bunched fuzzily together, weaving slightly, softly humming and staring inquisitively at a visitor. Their bemusing ability to seem, simultaneously, both elegant and geeky only adds to their charm.

Enticingly, each is also very much his or her own. Here at Caraway Alpacas near Asheboro, Ann Poole and Teresa and Mike Johnson acknowledge their charges' individuality with wide smiles. "They are as different as people in looks and temperament," says Ann. "Lars wants you to stay in the pasture with him. Bodie loves glasses and shiny earrings. Rudy will pick with him. And they're all curious about Jonas [a Chihuahua on the farm]."

Kin to camels and llamas, these exotic South American expatriates were first imported to the U.S. in 1984. Their gentle, intelligent nature makes them good farm pets, but they are chiefly raised because of their luxurious fleece. Owners sell it profitably as raw fiber, washed and carded

fiber, and yarns. A smaller number also make and sell finished handmade products.

Alpaca fiber is silky soft, stronger, lighter and warmer than wool. It comes in 22 natural shades and is naturally hypoallergenic. People sensitive to wool can wear alpaca apparel comfortably.

The vast majority of alpacas in the U.S. are registered with Alpaca Registry, Inc., a database containing genealogy, blood typing and ownership records. Importation in the U.S. ceased in 1998 to protect the national herd's quality and value. Since then, the limited supply has fueled ownership interest. Carolina Alpaca Breeders and Owners lists 55 North Carolina member farms, but the actual farm owner count in the state is believed to be at least 70.

There are two breed-types of alpacas: the more common Huacaya (pronounced "wah-KI-ya") and the Suri ("surrey"). Huacayas sport wavy or crimped fleece. Suris' fleece clings in hanging pencil locks.

The cost to buy an alpaca varies widely depending on fleecing, conformation, bloodlines, breeding history, age and gender, as well as the economy. Commonly, prices range from \$500 up to \$25,000. Owners raise their alpacas themselves or place them with established breeders.

A farm alternative

Empty-nesters, families with kids and working professionals are all attracted to ownership. Unlike some beasts of burden, these earth-friendly herd animals have padded feet. They require little acreage, eat grasses and relatively little supplemental hay and confine their droppings to a few places. In addition to income potential and tax advantages, owners often cite enhanced lifestyle as reason for raising these peaceful, amusing creatures.

Ann says after she and her husband Bobby retired, they, along with their daughter Teresa and son-in-law Mike, wanted to do something with family land "that would involve animals but not slaughter." They started with six alpacas in 1997 on two acres cleared by family and friends.



Ann Poole is nuzzled by a Suri male alpaca named Bodie, along with Peanut (right), a Huacaya male, at Caraway Alpacas near Asheboro.


Ann, Teresa and Mike shortened their steep learning curve through veterinarian community college classes and seminars by the Southeastern Alpaca Association and Alpaca Owners and Breeders Association. Ann recalls even their vet, now considered an alpaca specialist, grew with them in understanding alpaca birthing and eating habits.

Today, their 17-acre farm boasts more than 30 alpacas, counting five they are boarding. When they sell an alpaca, they hand the owner "the bible" (a copy of "Alpaca Field Manual" by C. Norman Evans). Teresa also travels to help owners with shots, birthing and grooming. She and Ann, who are Randolph EMC members, mentor high school students in fiber arts and farm maintenance, and lead their alpacas into schools, nursing homes and even libraries for show and tell.

They treat incoming alpacas and house female alpacas and their crias (babies) at their Resource Learning Center, which also displays fiber and finished goods. Bobby Poole is the farm's weaver and spinner, and his talent shines in the intricate capelets and shawls he creates in the center's studio. He learned to knit after a hernia operation. "I made a sweater in three days. They threatened to put me in the maternity ward," he says, chuckling. Those interested in purchasing goods can call for an appointment, or visit the farm's Open Barn Day, set for Saturday, November 20, 1-3 p.m.

Like the owners at Caraway, Amanda Fitzgerald says she and husband, Brian, wanted to do something fulfilling as a family, something "not hard on the land." In early 2003, the Surry-Yadkin EMC members launched their Lewisville operation, Credence Farm Alpacas, with three alpacas and no experience.

Today, they raise and sell a range of Suri alpacas, from top Peruvian, Accoyo and Bolivian bloodlines to fiber/pet quality animals, and hang at least 15 award ribbons in their hand-hewn log barn. The couple, who have four young sons and outside work, enjoy their business, but don't have time to show their animals as they used to. They recently decided to downsize their 22-and-counting alpaca herd.

Amanda, a North Carolina native and former Los Angeles litigator, draws on her law skills in writing sales, breeding and boarding contracts and her computer savvy in researching bloodlines. But as far as raising alpacas day to day, she espouses hands-on learning. For example, at first Amanda and Brian strapped their alpacas in restraints for tricky chores like toenail trimming. Although the straps were comfortably padded, there was struggling on both ends. So they jettisoned the straps and just held their animals, which worked much better. "You can read all the books you want," says Amanda. "I watched videos. But you just have to do it." 

Served by Randolph EMC:

Caraway Alpacas, Inc
Asheboro, NC 27205
(336) 629-6767
www.carawayalpaca.com

Served by Surry-Yadkin EMC:

Credence Farm Alpacas, LLC
Lewisville, NC 27023
(336) 945-4237
www.credencefarmalpacas.com

Open Farm Days Sept. 25-26

Many North Carolina alpaca farms will be holding Open Farm Days Sept. 25 and/or Sept. 26, including tours, spinning and felting, children's events and handcrafted items for sale. Credence Farm Alpacas will hold its day Sunday, September 26, 1-3 pm. For other participating farms, visit www.nationalalpacafarmdays.com.



To learn more

Alpaca Owners and Breeders Association (AOBA)
(800) 213-9522
www.AlpacaInfo.com

Alpaca Registry, Inc. (ARI)
(402) 437-8484
www.alpacaregistry.net

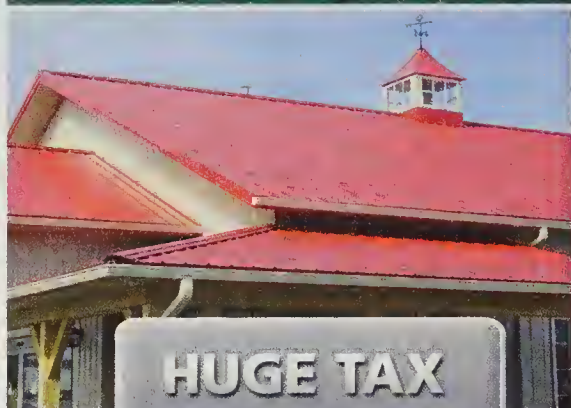
Carolina Alpaca Breeders and Owners (CABO)
(803) 548-2757
www.carolinaalpaca farms.org



Top photo: Gloria (front left) and Blossom (far right) are Huacaya females.

Bottom photo: Most handmade products for sale at Caraway come from the fiber of the farm's own alpacas.

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HERE FOR A REASON

Remembering September 11, 2001

By Nathan Walls

She's not sure of why she survived, but she knows that she experienced something divine as she escaped the World Trade Center that epic day of Sept. 11, 2001.

Bettye Glenn, now a resident of Fayetteville, thinks occasionally about that dash to safety she made nine years ago this month. "It's kind of hard to go through again," she admits.

She was a telecommunications employee and contractor for the Port Authority of New York and New Jersey and was on the 43rd floor in a cafeteria when the first plane hit the North Tower. The building shook and the sunny day turned to darkness. Debris that looked like red construction paper floated down the side of the building. From her location, no one on the floor could immediately tell what happened.

Another person working at the Trade Center said a plane hit the building. Bettye didn't pay much attention to the comment since the structures were close to Kennedy Airport and she had seen planes fly close to her 70th floor office.

"Then someone else told us two planes hit," she said. "So, what were the chances of that?"

While exiting, Bettye watched a young fireman coming up the stairs at about the 20th floor, sweating profusely as he lugged heavy equipment on his back. Two people had bottled water and doused the man to cool him. "I often wonder what happened to him," Bettye says now.

Fire marshals ordered people out of the building, so Bettye hurried out. One of the Port Authority fire marshals she saw happened to be a friend, Eddie Strauss, who was outside, but later returned to the building and perished. "Eddie said just keep walking and don't look back."

Outside the Trade Center, she and others heard the horrific sound of crushing bricks, similar to a construction site, and they saw a big ball of dust. In the chaos, Bettye ran to the parking lot of a hospital. She estimates she was about five city blocks away when the first building collapsed.

"As I was running, this man grabbed my hand and he said, 'Come on, miss, you can do this.' I



thought I was going fast out of harm's way, but apparently not." She and the man made it to Chinatown along a nearly empty street. The man asked her if she needed water. She replied no. She turned her head, then pivoted back to him to say thank you, but he was gone. "He didn't go in front of me, to the back of me or to the street, because there was nobody on the street. I would have seen him. I talked to my pastor, and he said possibly it was my guardian angel."

Soon, she was able to notify her mother and son that she was safe. "I was numb all day before I got information that she was OK," says Lucile Lowman, Bettye's mother. "It's a blessing she got out of there."

Bettye continued working for the Port Authority, and at her retirement ceremony in 2005, she received an American flag and World Trade Center flag that flew at Ground Zero. In Fayetteville, where she lives in her son's house on the South River EMC system, she commemorates the event each year with a special ceremony at a local fire station.

And, as the flags honor the 2,752 people who lost their lives in the New York City attack, Bettye is aware of how fortunate she is: "I have to believe I am here for a purpose. God spared my life for something." ☪

Nathan Walls is a freelance and public relations writer from Hope Mills. He previously worked for the Laurinburg Exchange newspaper.

Bettye Glenn in Fayetteville with her flags that commemorate the World Trade Center attacks that she survived.



HOW YOU CAN SAVE LIVES

North Carolina billboards and trucks with “rolling graphics” spread the word on organ donation

By Sandra Miller

Every 12 minutes in the U.S. a new name is added to the waiting list for an organ transplant. Every day, 17 people die waiting for a transplant. This data from the United Network for Organ Sharing (UNOS), as of April 23, also included the 3,267 patients in North Carolina waiting for organ transplants. Last year, 195 of them died waiting.

When a patient’s name is added to the UNOS list of those needing a transplant, his or her medical profile is stored in the UNOS network. When an organ becomes available, each patient in the pool of names is matched against certain scientific criteria and ranked in the order of who makes the best match. The transplant physician decides if the recipient and donor make a suitable match.

The organ transplant system is blind to such personal traits as race, income and fame. There is no cost to the donor’s family or estate. And, it’s illegal to sell organs. There’s no donor age limit. Healthy organs replace diseased ones in order to save lives. Organs that can be donated include kidneys, liver, pancreas, heart, lung and small intestine. Tissues can be skin, bone, corneas, heart valves and veins.

Donors make their organs available voluntarily, generally after a discussion with family or people close to them. Most religions embrace organ donation.

As seen on the highways

In 2008, Ken Burkel and other members of the Clemmons Rotary Club in

Forsyth County launched a program called “Have a Heart, Give a Part” to heighten public awareness for the need for organ and tissue donors. In addition to billboards by the roadside, the program located members of the North Carolina Trucking Association and other independent carriers who were willing to donate the side of a commercial truck to display highly visible rolling graphics, featuring custom banners of organ recipients and donor families.


The 48-foot or 53-foot banners are funded by private donations, Rotary Club funds and grants from the North Carolina License To Give Trust Fund. According to Clemmons Rotary member Dan Greer, it has been a wonderful partnership, but they need more truck owners to step forward and donate the side of a rig. There is no charge to the truck owners, and they have the opportunity to play a role in increasing awareness.

Last year, Ken Burkel passed the leadership of the project to Mark Bacon of Republic Trucking. Also, the slogan was changed to “You Can Save Lives” to coordinate with Donate Life North Carolina, a statewide non-profit organization, promoting eye, organ and tissue donation and transplantation.

The first new trailer design was unveiled last April 10 at the 5th Annual “Donate Life Walk” in Winston-Salem, a collaboration of Wake Forest University Baptist Medical Center, the Clemmons Rotary Club and Carolina Donor Services. Featured on the first trailer is Winston-Salem police Sgt.

Mickey Hutchens, who was slain in the line of duty while responding to a disturbance call in October 2009.

Carolina Donor Services is the federally-designated organ procurement agency, serving 78 counties and Danville, Va. Beth Hinesley, community relations coordinator, says their services include four transplant centers that perform heart, lung, kidney and pancreas transplants. A tour of www.carolindonorservices.org will answer most questions about organ and tissue donations.

Think of this: One donor can save eight lives. 

Sandra Miller is a freelance writer from Yadkin County and a member of Surry-Yadkin EMC.

3 Ways to Become a Donor

- Request to be a donor when renewing or applying for a driver’s license.
- Sign up at www.donatelifenc.org.
- Fill out an enrollment form and return it to Donate Life North Carolina.

Be sure and discuss your decision with family members.



Donate Life North Carolina
3900 Westpoint Blvd. Suite F
Winston-Salem, NC 27103-3903

To donate space on a commercial truck
Mark Bacon at mbacon@triad.rr.com or (336) 287-7845

Dan Greer at dangreer7@gmail.com or (336) 692-2433

Avoid common online financial scams

The world, it seems, never lacks for folks who want to separate you from your hard-earned money. And as means of information have gotten more sophisticated, so have thieves. Many popular ploys today involve some form of online identity theft, which can cause untold damage to your finances and credit.

Can you recognize some of the more common financial hoaxes? Here's a quick guide to protecting your wallet.

Phishing 101

"Phishing" is an online tactic by which thieves fraudulently try to get sensitive personal or financial information—such as passwords, bank account numbers, or your Social Security number—by pretending to be a source you trust. A few common examples:

- An e-mail purporting to be from your bank claims your account has been compromised and asks you to verify your account information.
- The "IRS" e-mails you, asking to confirm your personal information.
- A pop-up window appears, announcing you've won a prize and need to click—or better yet, send "processing fees"—to claim it.

Even if you're not e-mailing sensitive information back to a scammer, clicking on pop-ups or links in e-mails can



make you vulnerable to a security breach, allowing thieves to access your personal data in other ways.

Keep in mind that scam artists read the news, too. Exploiting timely events, like the new healthcare bill or the census, can give fraudulent appeals an air of credibility.

Don't get caught in the net

Since some legitimate financial business can be conducted online, how can you detect foul play? First, look for telltale signs of amateurism, like misspellings, poor grammar, or words typed in ALL CAPITALS.

Second, know the rules. While you may receive e-mail notices from some companies—for instance, letting you know that your credit card payment is due—no bank or other institution worth its salt will ask you to send sensitive information electronically, an unsecure method of communications.

Whether a scam is small-scale or large, don't become a victim. Some steps you can take to protect yourself include:

- Don't open e-mails from senders you don't know—just delete them. Especially avoid clicking on any links, pop-ups or attachments.
- Know the identities, websites, addresses and phone numbers of companies you do business with. If you have concerns about an e-mail you receive, call the institution to verify.
- If you stop receiving statements for bank, credit card or even utility accounts, investigate. Identity thieves sometimes change billing addresses so you won't find out they're running up charges.
- Check your credit report annually (you can obtain one free report a year) and again if you suspect identity theft. Go to www.annualcreditreport.com or call (877) 322-8228.
- Use anti-virus and anti-spyware software on your computer, and update them regularly.
- Visit www.onguardonline.com or www.ftc.gov/idtheft for more tips on protecting your identity and what to do if it's stolen. 

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AVOID ID THEFT

www.ftc.gov/idtheft

By Lisa Hughes-Daniel, a marketing communications consultant who writes and edits employee benefits-related materials for the National Rural Electric Cooperative Association.

Know which fire extinguishers you need and how to use them

House fires can happen in seconds: in one instant, you could go from whipping up dinner to watching flames spring up from the stovetop.

According to the National Fire Protection Association, 410,500 fires—or 78 percent of all reported structure fires—occur in homes. In the right hands, a household fire extinguisher can save lives and protect property should a small fire start.

“Every home should have at least one fire extinguisher, and you need the right type and you must know how and when to use it,” says John Drengenberg, consumer affairs manager at Underwriters Laboratories (UL), the Chicago-based not-for-profit firm that tests and sets minimum standards for electric-consuming items.

Fire extinguishers should be placed in easily accessed areas of the home, close to where they might be needed (such as in a kitchen, garage or bedroom). Some basic rules to keep in mind when using household fire extinguishers:

- If the fire is not spreading and remains confined to a small area, use the appropriate type of extinguisher. Select a multi-purpose extinguisher (rated A, B, or C) with the UL mark that can be used on all types of fires such as wood, cloth, paper, flammable liquids (gasoline, oil, grease, oil-based paint), and on energized electrical equipment, including wiring, fuse boxes, circuit breakers and appliances.
- Know both your limits and that of the fire extinguisher.
- Periodically inspect your extinguishers to determine if they need to be recharged or replaced. Extinguishers need to be recharged or replaced after each use—even if you haven’t used the entire extinguishing agent. Check the gauge on the fire extinguisher for this information.



Be sure to use the fire extinguisher that’s rated for the type of fire at hand: Class A fires involve ordinary materials like burning paper, lumber, cardboard, and plastics; Class B fires involve flammable or combustible liquids like gasoline and kerosene; Class C fires involve energized electrical equipment, such as appliances, switches, pane boxes, and power tools.

- When operating a fire extinguisher, stand at least 6 feet away from the fire and keep your back to a door so you can escape easily, if necessary. Remember the word PASS:
 - Pull the pin, hold the extinguisher away from you and release the locking mechanism.
 - Aim low, pointing the extinguisher at the base of the fire.
 - Squeeze the lever slowly and evenly.
 - Sweep the nozzle from side to side.

“Fire extinguishers for home use are not designed to fight large or spreading fires,” stresses Drengenberg. “Rather than fighting the fire, your number one priority should be getting out safely.”

From Underwriters Laboratories. For more information, call (877) 854-3577 or visit www.ul.com

Check labels to “green” your cleaning

More people than ever are looking for more natural ways to keep their homes clean and free of harsh chemical fumes and residues. But there is still plenty of confusion about the best way to do that. With so many products making vague claims, it can be hard to make an informed decision. What works? What’s truly natural? This guide will help you make smarter, more natural cleaning choices for your home.

Understanding label language

There are a lot of product labels that use words like “eco-friendly,” “organic” and “nontoxic.” Unlike the food world, when it comes to cleaning products, these terms are largely unregulated, so they can be misleading. Look for plant-based ingredients, rather than petroleum-based ones. For example, citric acid, which is derived from citrus fruits like lemons and limes, acts as a soil remover in natural cleaners. Organic is well-defined for food, but less so for home care products. The USDA’s National Organic Program, which regulates the national organic standards, does not currently regulate home care products.

Look for credible seals

Look for products that have one or more certifications or seals from sources such as Good Housekeeping, the Natural Products Association and the Environmental Protection Agency. Introduced in 2009 by Good Housekeeping magazine and the Good Housekeeping Research Institute, the Green Good Housekeeping Seal helps consumers sift through “green” claims on hundreds of products (www.goodhousekeeping.com). The NPA reviews a product’s ingredients and manufacturing processes, and determines whether or not that it meets



Knowing cleaning ingredients in products helps consumers make healthier choices for their homes.

the organization’s rigorous guidelines (www.npainfo.org). The EPA’s Design for the Environment (DfE) Program evaluates products made with safer chemistry methods. This logo on a label means that the review team has screened the manufacturing process for the product for potential environmental effects (www.epa.gov).

Clearing the air

Dust harbors pollen, pet dander, bacteria, mites, mold and mildew. To control dust:

- Use electrostatically charged dusters or damp rags frequently.
- Use vacuums with HEPA filters that trap fine particles.
- Change your home’s air filters every month or two.
- Remove your shoes before entering the house to avoid tracking in dust and pollen.
- Use kitchen and exhaust fans to increase ventilation and reduce exposure to volatile organic compounds (VOCs) that get released into the air.

Doing laundry

Some detergents and fabric softeners contain ingredients that can irritate sensitive skin. Look for products with plant-based cleaning ingredients that have been dermatologist-tested. Try fragrance-free variations for those who are sensitive to strong perfumes and scents. Soften fabric by adding one-quarter cup baking soda or one-quarter cup white vinegar to your wash cycle.

Kitchens and bathrooms

Cut back on chemical fumes and residues with plant-based cleaners, such as Green Works Naturally Derived All-Purpose Cleaner. It contains no ammonia or phosphorus.

For an all-natural way to clean the oven, try using a non-abrasive scrubbing pad and baking soda. Make a thick paste of baking soda and water and apply to the stove. Leave it overnight and rinse with water the next day. 🌱

From Family Features.com

Common natural ingredients and what they do		
Alkyl Polyglucoside	Cleaning agent made from coconuts.	Helps lift out dirt, grease and other messes.
Lauramine Oxide	Cleaning agent derived from coconuts.	Helps penetrate stains and removes soil.
Potassium Carbonate	Stabilizing agent derived from earth-based minerals.	Prevents changes in a product’s acidity.
Glycerin	Dissolving agent derived from plants.	Allows for uniform drying and allows product to be more stable at lower temperatures.
Citric Acid	Softening agent made from citrus plants.	Helps remove soils.

How to keep your house (and wallet) secure

Adequate home security has become a high priority for many families. While a well-lighted yard provides a good deterrent against break-ins, outdoor lighting can be expensive to install and operate.

At an average rate of 11 cents per kilowatt-hour, using two 150-watt floodlights for 10 hours per night costs about \$120 annually. If you choose outdoor lighting, put in light fixtures only where you feel security could be a problem. In most cases, motion-sensor lighting makes the most economical sense, and solar-powered units can help cut electric bills further.

Don't immediately write off a fully monitored home security system as being too expensive. Most security companies install equipment for a low initial cost (or even for free). Along with standard security, many monitored systems also include smoke and carbon monoxide detectors. When smoke is detected, they alert your local fire department immediately—a significant advantage if you're not home.

If you cannot afford monitoring, an X10 dialer can be attached to most home security systems. When someone tries to break in and the alarm goes off, it automatically calls the telephone number of a friend or neighbor who can alert the police. This dialer option may have to be professionally installed.

Resources

The following companies offer security systems:

Digital Security Controls, (888) 888-7838, www.dsc.com

Honeywell, (800) 573-0154, www.security.honeywell.com

Intermatic, (815) 675-7000, www.intermatic.com

Wireless Imaging, (800) 676-3402, www.wirelessimaging.com

X10, (800) 675-3044, www.x10.com

Have a question for Jim?

Send inquiries to: James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 www.dulley.com




This wall-control module for a monitored security system boasts colored buttons for police, fire, and health emergencies.

Good deadbolt locks on doors and keeping window locks tightly closed are two of the best ways to keep would-be intruders out. With deadbolt locks, you generally get what you pay for. For starters, select a bump-resistant deadbolt. Otherwise, with a bumping key, a thief can open most pin tumbler locks in a few seconds.

Master Lock offers "Night Watch" technology that lets a deadbolt be set so even a key can't open it from outside. Other security options include outdoor wireless video cameras. Their prices are very reasonable.

In addition, affordable sensors can be mounted on windows and doors. Although they aren't monitored, a burglar might not know this when their loud alarm goes off. And if you don't have one of the most time-proven protection systems—a dog—barking dog devices sensitive to vibration can be hung on the inside of doorknobs.

Remember, burglars want to get inside quickly. So create several layers of obstacles outside windows—planting thorny rose or barberry bushes are one suggestion. Also consider extra locks on windows and placing large furniture in front of easy-to-access locations.

Finally, strengthen framing around the latch area on outside doors (particularly back doors). Many door frames boast only a one-inch thick pine board supporting the latch—with a couple of good kicks, the wood splinters and the door swings open. Attach a reinforcing steel strip under the door trim and install longer screws that reach deep into the wall framing. 

By James Dulley, an energy efficiency columnist for the National Rural Electric Cooperative Association.

World's Fastest Wrinkle Remover? Ugly Lines Gone in 90 Seconds!

Turn back time with the new 90 Second Wrinkle Remover. Miracle beauty breakthrough makes wrinkles disappear from view instantly. See for yourself...risk FREE!

By Meg Borman

If I want to look younger I want to look younger now ... not 8 weeks from now.

That's why I fell in love with *Instant Effect*, the new miracle 90 Second Wrinkle Remover. Does it work? The look on my husband's face was all the proof I needed.

It felt like weeks since we'd been alone, but last weekend we snuck away for a romantic night out. No kids. No TV. Just an intimate dinner for two. So I knew this was the night for *Instant Effect*. Before we even left the house, he gave me "the look", which I haven't seen in a long time. "Wow," he said. "You look amazing." Then he got real close, and stayed close all night.

Wrinkles Disappear in Seconds

Can a tiny dab of a miracle remover make such a huge difference? Absolutely. Use *Instant Effect* on your most stubborn lines, wrinkles, creases and judge for yourself. If you're results are anything like mine, you'll be amazed by the immediate sensation of tighter and smoother-looking skin. Wrinkles visually disappear in seconds...with results that last for hours. And no one will ever know your secret.

You can see *Instant Effect* working immediately. Ninety seconds is all you need to transform yourself into a radiant, younger-looking you. The quick-absorbing clear remover gently firms on contact, smoothing over ugly

wrinkles. Instead of harsh chemicals injected under the skin's surface or painful procedures that permanently change your face, *Instant Effect* visibly erases fine line, wrinkles, crow's feet and even deep creases. And while other instant products turn chalky and crack, the scientific breakthrough technology in *Instant Effect* stays silky and smooth for a perfect look. You won't remember you have it on it's so comfortable. You can wear it all day....and night!

Turn Back the Clock Everyday

The perfect addition to your daily routine, the 90 Second Wrinkle Remover by *Instant Effect* dries instantly and invisibly, so you can wear it under your favorite makeup. Wrinkles that formed over years seem to fade before your eyes.

Instant Effect comes in an easy-to-use pump that can deliver the perfect amount every time for instant results wherever you go. *Instant Effect* contains powerful micronized ingredients to transform problem wrinkles and fine lines anywhere into smoother, younger looking skin every time. It's the ultimate quick fix for a younger-looking you!

Not Available in Stores

You won't find the 90 Second Wrinkle Remover by *Instant Effect* behind the counter at high-end boutiques and certainly not on drugstores shelves. It's only available in limited quantities direct from the laboratory. To ensure its



"With my schedule, I don't have time to wait for slow-drying masks or messy creams. InstantEffect takes less than 2 minutes and the compliments keep coming all day!"

– Denise M., Columbia, SC

integrity, *Instant Effect* is produced in small batches using our unique formula of scientifically proven ingredients. If you're serious about younger-looking skin, take the first step today and call the number below. Try it yourself, risk-free for 30 days...and wait for the "Wow."

**You're Invited...
Try *Instant Effect* RISK-FREE
for 30 Days!**

We are so confident in the skin-smoothing benefits of the 90 Second Wrinkle Remover by *Instant Effect* that we want to offer you a 30-day supply risk FREE so you can experience the results first hand, because seeing is believing! But this offer is limited, so you must call today to get your supply of *Instant Effect* risk FREE. If you're not 100% satisfied with the results, simply return the unused portion (less shipping and processing). This is a limited time offer and when supplies are gone, they are gone!



**Call 888-756-9757
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Trial of *InstantEffect*
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InstantEffect goes to work in as little as 90 seconds. Watch fine lines, crow's feet and wrinkles visually disappear before your eyes!



Un-retouched
photography

Before *InstantEffect*

After 90 seconds



SOLAR ENERGY GOES TO SCHOOL

The state's largest solar electric installation at a public school brings power to the grid and lessons to Cherokee County students

By Erik C. Brinke

Hardly a day goes by without hearing the words “green” or “renewable.” It seems every company from fast food providers to tire manufacturers has a spin on how their product is the most environmentally friendly, and how their company is the “green leader” in their industry. One small public school in western North Carolina, with the help of their electric cooperative, is proving their commitment to “green” energy and reaping rewards for doing so.

The little school that saw the light

Martins Creek Elementary/Middle School, tucked quietly away in the southern Appalachian Mountains near Murphy, serves 260 pre-kindergarten through 8th grade students. This rural school has taken the concept of energy conservation to a new level with the assistance of Blue Ridge Mountain EMC, its electric cooperative that serves two North Carolina and three north Georgia counties. By the time school opened in mid-August, Martins Creek expected to be adding a megawatt of solar electric power to the grid. It is the largest public school solar electric project in North Carolina.

Foundation for a bright idea

In October 2009, the Cherokee County School system received a call from Florida-based Solar Energy Initiatives, Inc., asking if there was interest in installing a no-cost solar array on a school campus in exchange for a monetary stipend. Cherokee County Schools facilities director Gary Wright remembers saying to himself, “This is just another one of those ‘too good to be true’ calls. There was something different about this company and their plan, though. They had done their homework on our area and seemed determined to do a project. I figured it couldn’t hurt to talk with them.”

Cherokee County Schools had been working on an aggressive energy reduction plan that had netted a nearly 30 percent reduction in overall usage within the district. The school system had focused on energy conservation as one way to fill gaps in its education budget as the North Carolina legislature struggled with declining tax collections. The school strictly enforced policies on powering down computers and turning off lights. They changed out every light fixture and several windows, upgraded to energy-efficient water heaters, caulked, insulated and did pretty much anything else possible to reduce energy consumption in the district’s 17 facilities. The only problem was that they had effectively squeezed out as much of the energy savings from their system as they could. If they wanted to further reduce their usage there was only one solution: to offset a portion of their electric costs by making their own electricity.

TVA’s Generation Partners Green Power Switch

About the same time that Cherokee County Schools decided to aggressively control its energy usage, the Tennessee Valley Authority (Cherokee County’s largest power supplier) rolled out an incentive program. TVA’s new green power initiative would provide enhanced incentives to anyone that could build a system that could produce up to 1 megawatt of electricity, which of course created quite a buzz in the electric industry. TVA’s Generation Partners Green Power Switch program offered an attractive payback incentive: for solar-generated electricity, TVA would pay the generator a rate equal to the small commercial retail rate of the local power distributor (in this case Blue Ridge Mountain EMC) plus 12 cents per kilowatt-hour. This incentive, when combined with the state



Employees with Solar Energy Initiatives contractor Evergreen Construction install the first of over 4,300 solar panels at Martins Creek School.

of North Carolina's favorable green construction tax credits, had attracted Solar Energy Initiatives to Cherokee County, and it appeared that Cherokee County Schools would be well-positioned to take advantage of their plan.

Enlightening a generation of students

By the time Solar Energy Initiatives had made the trip to Murphy to pitch its solar generation proposal to the Cherokee County Board of Education, facilities manager Wright and school superintendent Stephen Lane had already developed a plan of action for installing the array at Martins Creek. Solar Energy Initiatives told the school board it would build—at their cost entirely—a solar array on the campus of Martins Creek School. In exchange for using the school's property, they would also pay a portion of the TVA incentive which could lead to tens of thousands of dollars annually for this small, rural school. The Board of Education was automatically interested.

After a public hearing, a bidding period and a ton of legal paperwork, Solar Energy Initiatives gained approval to sign a contract with Cherokee County Schools to build a 999-kilowatt array on approximately five acres at the Martins Creek school. The array of over 4,300 individual solar panels would cost about \$5 million to build. It was expected to generate 20,000–140,000 kilowatt-hours per month, depending upon the amount of sunshine it receives. Yet the real buzz for this project did not come from the financial benefits accrued to the school system, but rather in the learning opportunities it presented for the students of Martins Creek and the other county schools.

Rays of hope

D.J. Mock, an 8th grader at Martins Creek, took it upon himself to become the student champion for this solar




Cherokee County schools facilities director Gary Wright and Chamber of Commerce director Phylis Blackmon congratulate D.J. Mock, who led the student effort for the Martins Creek School solar project.

project. With the guidance of school principal Arnold Matthews, D.J. gave a presentation at the public hearing on the new solar array, and very capably defended the idea as a "must have" for Martins Creek school. D.J. wanted the public to know that he and his fellow classmates could use this technology not only as a learning tool, but also as an outdoor classroom.

"Everyone decided that it was a good idea, and that the pros outweigh the cons," said D.J. "There is no reason why we shouldn't start producing this solar energy."

Principal Matthews added, "We thought it was a wonderful opportunity for our school and especially our students to be able to learn about solar energy and also be able to teach others."

The solar array was expected to begin generating power just prior to the students' return to school in late August.

For more information on this project, call Blue Ridge Mountain EMC in Young Harris, Ga., at (706) 379-3121. 

Erik C. Brinke is economic development director at Blue Ridge Mountain EMC and serves on the Cherokee County Board of Education.

WHERE IN CAROLINA COUNTRY IS THIS? →



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Sept. 7 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our October issue, will receive \$25.

August winner

The August photo showed the Southerland-Burnette House at Chestnut and James St., across from the old post office in Mt. Olive. Jenny Holmes of Mt. Olive tells us it was built in 1874 and is listed with the National Register of Historic Places. The \$25 winner chosen at random from all the correct ones was Denise B. Thornton of Mt. Olive, a member of Tri-County EMC.



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I Remember...



This is my grandfather and his Model T that he carried groceries in during the 1940s. The little girl on the left is my cousin Eucell Byrum Temple, and the other is a friend of hers.

Granddaddy's grocery car

My grandfather, Anthony Benjamin Elliott, had a Model T Ford and would load it up with staples such as flour, sugar, molasses, vegetables that were in season, fresh fish, washing powder and soap, anything a lady of the household would need in between her trips to town. He went up and down the Desert Road, through Parkville, the Lake Road and into Chapanoke and trails beyond. I remember we kids would run down behind the car, jump on the back bumper and ride down the road a ways. He drove so slowly and the road was dirt, so there was no way we could get hurt. We would drag our feet in the dirt.

He had a big candy jar, always filled with penny candy: suckers, Kits, Double Bubble gum, BB Bats, and best of all those cinnamon squares that were so good and lasted a long time. I am ashamed to say that Preston and I would creep into the Model T and steal candy every so often. Then we would go hide and eat it.

Alice Elliott Spivey, Elizabeth City, Albemarle EMC

The last day of tobacco season

Growing up in eastern North Carolina where tobacco really was king, my family relied heavily on its cash-crop potential. I dreaded tobacco season because it meant being subjected to the intense summer heat almost daily. I do, however, have one pleasant memory: the closing day. The atmosphere was always different that day. Barn hands laughed and joked more, and kids were bribed to run errands they were big enough to do. My dad would leave the barn while the rest of us were finishing up. When he returned he would have at least two 5-gallon tubs of ice cream, one vanilla and one strawberry. There would be enough for every worker and all the children to eat to their hearts' content. Imagine being a child on that day, not having to ask for just one more scoop, but getting a heaping bowlful on the first serving and being offered more just because.

There was not a pump, faucet or well in the area, so I'm not sure anyone except whoever dipped the ice cream washed hands before we ate. But that did not matter. We were in ice cream heaven on that one day.

Jacqueline Dove-Miller, Youngsville, Wake Electric

SEND US YOUR *Memories*

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.

5. We pay \$50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. E-mail: iremember@carolinacountry.com
Or by U.S. mail: I Remember, Carolina Country,
3400 Sumner Blvd., Raleigh, NC 27616



On this night, the sunset was magnificent and surfers lingered in the water to catch one last wave.

In love at the beach

My husband proposed to me under the moon on Atlantic Beach, and we were married a year and half later ocean-front at Pine Knoll Shores. We spent two glorious weeks at the beach when we got married. A time of peace, love and laughter, I would not have traded that time for a honeymoon in a tropical paradise. North Carolina beaches are my paradise, plain and simple.

During those unforgettable weeks of my honeymoon, I photographed a lone barren tree on the dunes every day. Its branches reached towards the mainland from years of being battered by the ocean winds. I saw that tree under so many and varied North Carolina skies. The soft morning light would bathe the tree in a shimmer of pale pinks and golds, while the rich sunsets would cast it in silhouette against the dark fuchsias, purples and oranges blazing in the sky.

Brittany Wright Thompson, Farmville

The red Jeep

My husband Ted and I started dating back in the early 1980s. Our boys were growing into young teenagers and always wanted something to do.

Money didn't make us happy, but great adventures in our Jeep did. In the summer we rode on trails in the woods, went through creeks and forded the river. We never worried about getting dirty. Once, several other couples had a Jeep mud-slinging contest. We got stuck and lost that one.

In the winter, we would all go Jeep riding in the snow. As soon as it starting sticking on our dirt roads back then we would slide around in figure eights and do donuts. We slid into ditches, but there was always help around. We'd laugh and almost cry until the sun went down.

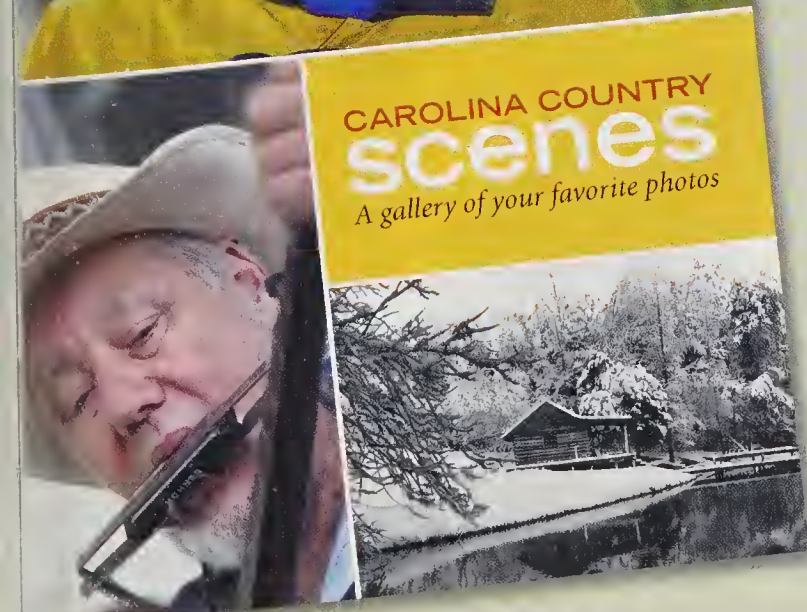
One day someone dared my husband to ride straight up an embankment which was almost a 90-degree angle. We were scared for him and begged him not to do it, but nothing would stop him. After that ordeal, we said, "The red Jeep will go where no man has gone before!"

Now it sits in the backyard with no license tag. I'll always look at it with fond memories and think of how much fun we had. Just to know that old red Jeep could make that country boy of mine cheer.

Sheree J. Billings, Traphill, Surry-Yadkin EMC



The red Jeep would go where no man had gone before!



CAROLINA COUNTRY SCENES photo contest

Send us your favorite photo (North Carolina people or scenes) and the story that goes with it. We will pay \$50 for each one that we publish in our Carolina Country Scenes gallery in the February 2011 magazine.

RULES:

Deadline: November 15, 2010.

One entry per household.

Digital photos should be a minimum of 1200 by 1800 pixels or 600kb. Prints a minimum 4 x 6 inches.

Include your name, electric co-op, mailing address and e-mail address or phone number.

If you want your print returned, include a self-addressed, stamped envelope. (We will not return others.)

We pay \$50 for each submission published. We retain reprint rights.

We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)

SEND TO:

E-mail: editor@carolinacountry.com
Mention "Photo Contest" in subject line.

Mail: Carolina Country Photo Contest
3400 Sumner Blvd.
Raleigh, NC 27616



IN A WORD

Can you think of a word that starts and ends with **ER**, with a two letter word in the middle?

...a word that starts and ends with **ES**, with a three letter word in the middle?

...a word that starts and ends with **RED**?

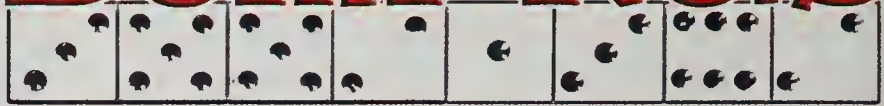
MARION

	R	N	A	I	
M		A		N	R
	A		M		N
N		R		O	
R		M	N		
	N	I	R	M	

UNC-Chapel Hill basketball coach Roy Williams was born in Marion. The city hopes to honor him with a historic marker downtown.

Fill in this grid so that each row, each column, and each 2 x 3 rectangle contains all six letters of the word MARION.

Domi-No.s



H	A	T	N	A	H	S	$\frac{2}{G}$	W	H
---	---	---	---	---	---	---	---------------	---	---

$$X \frac{2}{G}$$

W	A	S	H	I	N	$\frac{2}{G}$	T	O	N
---	---	---	---	---	---	---------------	---	---	---

Each of the nine different letters in Washington stands for a digit from 1 through 9. Given $G=2$, can you replace the missing digits to make this multiplication problem mathematically correct?

Hint: Solve first for the Hs and Ns.

WORD

draw-wrap-pray

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1 S T R E A M
2 _ _ _ _ _
3 _ _ _ _ _
4 _ _ _ _ _
5 R I V E R

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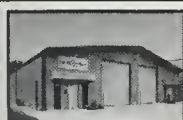
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Chainsaw sharpener

A new chainsaw system sharpens the cutter blades while they remain on the saw. PowerSharp cutters are top sharpening, making it possible to sharpen them from the outside. The sharpener stone mounts on the end of the bar and sharpens in three to five seconds. The chain can be sharpened when needed up to 15 times, depending on conditions. The system works only on a PowerSharp chain and bar. The starter kit costs about \$75. Replacement packages of the sharpener stone, chain, and bar cost about \$40. Available at Lowes across the state as well as other home improvement and hardware stores.

(800) 223-5168

www.powersharp.com

Transferring slides to DVDs

If you've ever wished you and other family members could more easily view your old, treasured 35mm slides, Slides to Disc People can convert your slides to DVDs. Owners Tim and Mary Collins report their customers enjoy reliving memories of vacations, weddings, reunions and more when their slides come to life on DVDs. The transfer charge from slides to disc is \$19.95 for a standard film roll (24 slides). On larger orders, extra slides (after the first 24), are 49 cents each. Slides To Disk People, which is based in Charlotte, does not charge anything for cleaning, color enhancing, adding background music, title pages or an individualized label. Each DVD can hold up to 1,000 slides. The Collinses, who are members of Blue Ridge Electric at their mountain home, give individual quotations for very large orders.

(704) 458-5659

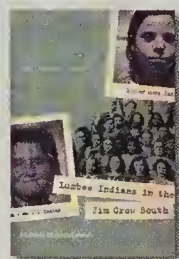
www.slidestodiscpeople.com



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on the bookshelf

Lumbee Indians in the Jim Crow South

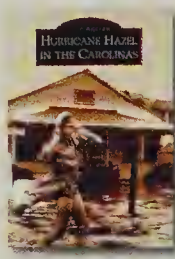


North Carolina's Lumbee Indians are the largest Native American tribe east of the Mississippi River. Between Reconstruction and the 1950s, the Lumbee crafted a distinct identity against the backdrop of some central issues in American history, including race, class, politics and citizenship. Author Malinda Maynor Lowery, Ph.D, describes their challenges in an era defined by racial segregation in the South and paternalistic policies for Indians. Lowery writes that for outsiders, the identity of "Indian" sometimes hinged on the presence of "Indian blood" (for federal New Deal policy makers) and sometimes on the absence of "black blood" (for southern white segregationists). Lumbee people themselves have constructed their identity in multiple layers that tie together kin and place, tribe and nation, and not all Indians agreed on how best to do this. Lowery, herself a Lumbee and an assistant professor of history at UNC-Chapel Hill, uses photographs, letters, federal and state records, and first-person family history to show different sides and tell how the Lumbee challenged the boundaries of Indian, southern, and American identities. Published by University of North Carolina Press in Chapel Hill. Softcover, 368 pages, \$21.95.

(800) 848-6224

www.uncpress.unc.edu

Hurricane Hazel in the Carolinas



Hurricane Hazel, one of the most deadly and enduring hurricanes ever, swept the U.S. Eastern Seaboard in mid-October 1954 and people still recall it vividly. In a new pictorial history book, North

Carolina native Jay Barnes employs more than 200 vintage photographs to chronicle the benchmark hurricane that killed more than 1,000 people. Hazel struck the Carolina coast as a ferocious Category 4. Landfall occurred near the South Carolina-North Carolina border, where a massive ocean surge swept away hundreds of homes in coastal communities like Myrtle Beach, Long Beach, Carolina Beach and Wrightsville Beach. Then Hazel barreled inland and battered eastern North Carolina with wind gusts exceeding 100 mph that peeled away rooftops before racing northward setting new wind records across seven states. The book's author hopes that by studying the power of benchmark storms like Hazel, we can all better prepare for future hurricanes. Published by Arcadia in Mount Pleasant, S.C. Softcover, 128 pages, \$21.99.

(888) 313-2665

www.arcadiapublishing.com

Child medical organizer



Co-authored by a physician and an educator, "Be Well: Essential Medical Organizer"

is a guide to understanding and organizing the medical details of a child's development from birth to age 18. Simple to follow and easy to use, this medical organizer includes forms for recording medical visits and immunization records as well as integrative questionnaires and important developmental milestones. The guide is authored by North Carolinians Danielle Rose, an M.D., and Anne McIntosh, a Ph.D. Softcover, 107 pages, \$29.95. Published by Lorimer Press in Davidson.

(800) 336-3137

www.lorimerpress.com


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*Yes, you can fly,
with the help of a*

zipline

Zipline attractions are soaring across the state

The sound is unmistakable, like a child's party favor whistling a high buzzing whine. Travelers are finding a family-friendly way to take an aerial view of North Carolina's natural, scenic beauty by zipline.

Close to a dozen zipline (or canopy tour) attractions have been built in the last few years in the state. Whether you take on a 3-hour tour through the air or simply add on a quick zip to your day at attractions offering other activities like rafting, wine tasting or snow tubing in the winter, the state's ziplines fill the bill for thrill seekers of all ages.

Ziplining involves gliding above ground between platforms on industrial-strength steel cables. Riders are strapped into a secure harness and hooked to the cable by a carabineer-type enclosure that acts as a pulley. While heights and speeds can be breathtaking, swooshing between landing points is low-impact; the ride is naturally propelled by the gravity of your own body weight.

"We have riders of all ages from 3 years old to 90," says Scream Time Ziplines owner Monie McCoury. "We help riders launch and brake. And since there's no banging, jarring or jostling, there's no real impact at all."

North Carolina's rolling topography has made it the perfect breeding ground for zipline attractions. Think you're ready to give it a whirl? Check out the Zipline demo video on VisitNC.com/media/videos or start your travel planning with some of these zipline offerings:

Navitat Canopy Adventures

(20 minutes from Asheville) The newest addition to North Carolina's zipline attractions, Navitat Canopy Adventures, opened in May. True to its mash-up moniker ("navigation" and "habitat"), the 3-hour course was designed to highlight the natural landscape. Zippers coast through 240 acres in Moody Cove over mountain streams and a few 100-year-old hardwoods. Don't forget to check out the sustainable Welcome Center too.
www.navitat.com

Nantahala Gorge Canopy Tours

(southwest of Bryson City) With its looming peaks, inviting waters, wooded trails and scenic wonders, the Nantahala National Forest is an outdoor recreation paradise. Get a smooth, bird's-eye glide through 20 acres with a 3-hour, half-mile tour propelled by natural elevation gravity. With stops at three sky bridges and five transfer bridges, "zipper" take in multiple ecosystems, past hemlocks and forests peppered with natural blooms.
<http://wildwaterrafting.com/nanzip.php>.

Carolina Ziplines Canopy Tours

(north of Winston-Salem in Westfield) Opened in 2007, Carolina Ziplines offers two tours at the edge of Hanging Rock State Park. After opening ziplines in Costa Rica and Ecuador, its owners found this spot for their first U.S. attraction in North Carolina's piedmont. Visitors can opt for the "high course" or "the Web" tour for groups or kids. Ask about the evening "lantern tour" too for groups of eight or more.
www.carolinaziplines.com

Scream Time Ziplines

(minutes outside Boone) Home to the first triple-wide 2,000-foot line—called the "Super Zip," this is a course for competitive types. The Super Zip is an add-on to the standard six-line tour. Riders are sure to catch a breeze at this treetop High Country attraction year-round.
www.screamtimezipline.com

Big Woods Zip Line and Canopy Tour

(at Sanders Ridge Winery in Boonville near Winston-Salem) Sanders Ridge Winery is also home to the recently opened Big Woods Zip Line and Canopy Tour. Swing through 150 acres of secluded Yadkin Valley forests on a canopy tour with 14 platforms and 12 cables up to 65 feet high.
www.bigwoodszipline.com

ZipQuest

(in north Fayetteville) One of the state's newest zipline features a 2½-hour treetop tour, running 80 feet high, with eight ziplines and three "Indiana Jones" canopy bridges. The course covers steep and varied topography, including Carver's Falls, a 20-foot tall waterfall that stretches 150 feet wide and is the largest waterfall in the central and eastern regions of the Carolinas.
www.zipquest.com

Richland Creek Zipline Canopy Tour

(at the base of Purgatory Mountain in Asheboro) www.richlandcreekzipline.com

Plumtree Canopy Tours

(Toe River Lodge Campgrounds on the edge of Pisgah National Forest)
www.wildwaterrafting.com/plumtree.php

U.S. National Whitewater Center


(Charlotte off I-277) www.usnwc.org. Click "Activities" and then "Zip."

Earthshine Mountain Lodge Flight Through the Treetops and High Ropes Course

(Lake Toxaway near Brevard)
www.earthshinelodge.com/high_ropes.php

Hawksnest Resort Zipline Tour

(in Seven Devils near Banner Elk) Open year-round, zippers fly over snow tubers in winter as well as green trees in spring, summer and fall.
www.hawksnest-resort.com/defaultzipline.php

For more information, call 1-800-VISIT NC or go to VisitNC.com. 

September Events



This year's Mayberry Days, held annually in Mount Airy, will celebrate the 50-year anniversary of "The Andy Griffith Show" with special guests and more. Thursday–Sunday, September 23–26, 2010.
www.mayberrydays.org

8

Uptown Umbrella Market
 Greenville, (252) 329-4200
www.uptowngreenville.com

9

Kids Fair
 Murphy, (828) 837-3460
www.cherokeecountychamber.com

Collard Festival
 Sept. 9–12, Greenville
 (252) 329-4200

10

Sunset Stroll
 Blowing Rock
 (828) 295-6991
www.blowingrock.com

Art After Hours
 Wake Forest
 (919) 570-0765
www.sunflowerstudiowf.com

Four Seasons Chamber Music Festival
 Greenville
 (252) 329-4200

Little Toby Walker
 Blues concert
 New Bern, (252) 354-2444
www.downtownfolkarts.org

Pickin' On The Meadows
 Lake Lure
 (828) 245-1492
www.hickorynut.org

Gallery Crawl
 West Jefferson
 (336) 846-9488
www.visitwestjefferson.org

Taste of Edenton
 Edenton
 (252) 482-7800
www.edentonhistoricalcommission.org

Quilt Show
 Sept. 10–11, Wilkesboro
 (336) 973-8383
www.wilkesquilters.org

Center Fair and BBQ
 Sept. 10–11, Mocksville
 (336) 407-2744
www.centerfd.com

Greek Festival
 Sept. 10–12, Fayetteville
 (910) 483-5311
www.stsch.nc.goarch.org

Gem & Mineral Show & Sale
 Sept. 10–12, Winston-Salem
 (336) 744-2940
www.forsythgemclub.com

"Cabaret"
 Musical set in Berlin
 Sept. 10–26, Hickory
 (828) 327-3855
www.hct.org

4

Heritage Walk & Festival
 Murphy, (828) 837-6821
www.heritagepartners.org

Rain Jacket
 Beach music
 Mount Airy
 (336) 786-7998
www.surryarts.org

Italian Dinner & Movie Night
 Rondi–Raffaldini Vineyards
 (336) 835-9463
www.raffaldini.com

Revolutionary War Reenactment
 Sept. 4–5, Huntersville
 (704) 875-2312
www.lattaplantation.org

Craft Show
 Sept. 4–5, Maggie Valley
 (828) 497-9425
www.maggiievalleycraftshows.com

5

Art & the Parkway: A Love Affair
 Sept. 5–18, Blowing Rock
 (828) 295-9099
www.blowingrockmuseum.org

6

Auto & Motorcycle Classic
 Matthews
 (704) 847-3649
www.matthewschamber.com

Mile High Kite Festival
 Beech Mountain
 (828) 387-2011
www.beechmountainchamber.com

"Motoring the Blue Ridge Parkway"
 Through June 2011, Maggie Valley
 (828) 926-6266
www.wheelthroughtime.com

1

Uptown Umbrella Market
 Greenville, (252) 329-4200
www.uptowngreenville.com

2

Lil John's Mountain Music
 Sept. 2–4, Snow Camp
 (336) 376-5041
www.littlejohnsmountainmusic.com

"Red, White & Tuna"
 Comedic play
 Sept. 2–5, New Bern
 (252) 638-2577
www.cravenarts.org

3

Littleton/Lake Gaston Festival
 Sept. 3–4, Littleton
 (252) 586-5959
www.littlelakegastonfestival.org

"Who Killed Mr. O'Blatherskite"
 Murder mystery play
 Sept. 3–4, New Bern
 (252) 229-4977
www.athensmysterydinners.yolasite.com

Gem, Mineral & Jewelry Show
 Sept. 3–6, Raleigh
 (804) 746-7663
www.treasuresoftheearth.net

Apple Festival
 Sept. 3–6, Hendersonville
 (828) 697-4557
www.ncapplefestival.org

ONGOING

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 (910) 948-4897
www.liveatclydes.com

Fabulous Feed Sacks Exhibits
 Through Labor Day
 Hayesville
 (828) 389-1401
www.clayhistoryarts.org

"The 39 Steps"
 Comedy thriller play
 Through Sept. 12, Hendersonville
 (828) 693-0731

Missaries of Peace: The 1762 Cherokee & British Delegations
 Sept. 2–May 15, 2011, Asheville
 (828) 665-2492
www.ncarboretum.org

Counting: 100 Years of Adventure
 Through Oct. 3, Raleigh
 (919) 807-7900
<http://ncmuseumofhistory.org>

Bluegrass Music
 Thursday nights through Oct. 15
 Laurel Hill
 (310) 844-3055

From Lights to Flight"
 S. Coast Guard art
 Through October 18
 Elizabeth City, (252) 335-1453
www.museumofthealbemarle.com

Coastal Carolina Pottery Exhibit
 Through Nov. 13, Seagrove
 (36) 873-8430
www.ncpotterycenter.org

11

Dick Rudin Memorial Golf Tournament
Sanford
(919) 796-7588
www.lionsclub.com

Classic Car Show
Scotland Neck
(252) 826-3152
www.townofscotlandneck.com

Shrimp Feast
Edenton, (252) 482-4057
www.chowanfair.com

Tickling the Ivories
West Jefferson
(336) 846-2787
www.ashecountyart.org

Homecoming Festival
Mayodan,
(336) 548-2241

Little Toby Walker
Blues concert
Beaufort, (252) 354-2444
www.downtownfolkarts.org

Chestnut Saturday
Crafts, bluegrass, kids' games
(828) 926-1401
www.acf.org

Elk Knob Headwaters Community Day
Todd, (828) 297-7261
www.ncsparks.gov

Railfan Weekend
Sept. 11-12, Blowing Rock
(800) 526-5740
www.tweetsie.com

Community Weekend
Music, performance art, visual art
Sept. 11-12, Winston-Salem
(336) 722-2585
www.cityofthearts.com

Gourd Arts & Crafts Festival
Sept. 11-12, Raleigh
(910) 639-4577
www.ncgourdssociety.org

12

The Blue Notes Concert
Blowing Rock
(828) 295-4636
www.blowingrock.com

The Jim Ketch Quintet
Blowing Rock
(828) 295-4300
www.blowingrock.com

14

Emil Pandolfi Concert
Sept. 14-15, West Jefferson
(336) 846-2787
www.ashecountyarts.org

On The Same Page
Literary festival
Sept. 14-18, West Jefferson
(336) 846-2787
www.onthesamepagefestival.org

15

Uptown Umbrella Market
Greenville
(252) 329-4200
www.uptowngreenville.com

Celebration of the Arts
Sept. 15-19, Spindale
(828) 245-1492
www.rcvag.com

16

Chairman of the Board concert
Fayetteville, (910) 483-5311
www.fayettevillemuseumart.org/fayetteville_after_five.html

100 Years of Broadway
Spindale, (828) 245-1492
www.foundationshows.org

Jubilee Heritage Parade
Sept. 16-19, New Bern
(252) 635-1710
www.newbern300.com

Constitution Week
Sept. 16-22, Edenton
(252) 482-2637
www.edenton.nchistoricsites.org

Cumberland County Fair
Sept. 16-26, Fayetteville
(910) 483-5311
www.cumberlandcountyfair.org

17

Doyle Lawson & Quicksilver
Bluegrass concert
Troy
(704) 985-6987
www.bluegrassintroy.com

Inaugural Dirty Dancing Festival
Lake Lure
(828) 245-1492
www.dirtydancingfestival.com

BackStreet Concert
West Jefferson
(336) 846-9488
www.visitwestjefferson.org

School Day at Allison Woods
Statesville
(704) 873-5976
www.allisonwoodslivinghistory.org

Waterfall Crafters
Crafts sale, food
Sept. 17-18, Brevard
(828) 877-3065

Quilt Fair
Sept. 17-18, West Jefferson
(828) 264-4370

"Red, White & Tuna"
Comedic play
Sept. 17-26, Dunn
(919) 820-2226

18

Blue Ridge Heritage Days
Blowing Rock
(828) 295-7851
www.blowingrock.com

International Festival
Greenville
(252) 329-4200

Crafty Saturday
Tarboro, (252) 641-0857
www.cardscraps.com

Fall Festival
Lillington, (910) 893-3751
www.lillingtonchamber.org

Unity Festival
Bethel
(252) 329-4200

Plant Swap
Havelock
(252) 342-2597

Italian Festival
Ronda
(336) 835-9330
www.raffaldini.com

Day at the Docks
Hatteras, (252) 986-2515
www.dayatthedocks.org

Voice of the Blue Ridge
Local, regional bands perform
Mount Airy
(336) 786-7998
www.surryarts.org

Allison Woods Living History
Sept. 18-19, Statesville
(704) 873-5976
www.allisonwoodsevents.com

Antique Gun & Military Antiques Show
Sept. 18-19, Raleigh
(704) 282-1339
www.thecarolinatrader.com

19

Music in the Park
Edenton
(252) 482-8595
www.visitedenton.com

23

Garden lecture on J.C. Raulston
New Bern
(252) 514-4900
www.tryonpalace.org

Mayberry Days
Sept. 23-26, Mount Airy
(336) 786-7998
www.mayberrydays.org

24

Irish Temperance Concert
West Jefferson
(336) 846-9488
www.visitwestjefferson.org

"Chromaticity"
Paintings, blown glass
Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

Fourth Friday
Fayetteville
(910) 483-5311
www.theartscouncil.com

Takacs Quartet
Greenville
(252) 329-4200

Anson Ag Expo & Fair
Sept. 24-25, Wadesboro
Livestock Show, Entertainment
(704) 694-2915
www.anson.ces.ncsu.edu

Antiques Festival
Sept. 24-25, Liberty
(336) 622-3040
www.libertyantiquesfestival.com

Splash of Color Quilt Show
Sept. 24-25, Concord
(704) 455-5236
www.cabarrusquiltersguild.org

Celebrate Our Pottery Harvest
Sept. 24-25, Albemarle
(704) 463-4336
www.fallingriversgallery.com

International Folk Festival
Sept. 24-26, Fayetteville
(910) 483-5311
www.theartscouncil.org

25

Bluegrass & BBQ Fundraiser
Huntersville
(704) 875-2312
www.lattaplantation.org

Wings Over Edenton Airport Day
Edenton
(252) 482-4664

Hunting & Fishing Expo
Winton
(252) 794-3316

Mountain Heritage Day
Cullowhee
(828) 227-7129
www.mountainheritageday.com

Master Gardeners Plant Sale
Washington
(252) 946-7853
www.bcmgv.blogspot.com

Bright Leaf Hoedown
Entertainment, car show, crafts
Yanceyville
(336) 694-6106
www.caswellchamber.com

Listing Information

Deadlines:
For November: Sept. 24
For December: Oct. 24

Submit Listings Online:
Visit www.carolinacountry.com and click "See NC" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.



Sustainable Living, Wellness Fair
Hillsborough
(919) 265-8446
www.gosunshinelife.com/goodlife.html

Everybody's Day
Crafts, entertainment, food
Thomasville
(336) 475-6134
www.everybodysday.com

Ballroom Dancing
Winterville
(252) 329-4200

Open Studio Tour
Sept. 25–26, Hendersonville
(828) 693-8504
www.acofhc.org

Pamlico River Quilt Show
Sept. 25–26, Washington
(252) 946-2623

ArtFest
Sept. 25–26, Matthews
(704) 847-3649
www.matthewschamber.com

28
Chowan County Regional Fair
Sept. 28–Oct. 2, Edenton
(252) 482-4057
www.chowanfair.com

29
Lattaplanation Day
Winterville
(704) 875-2312
www.lattaplanation.org

30
"Orpheus Descending"
Drama set in Southern town
Greenville, (252) 329-4200
Spirit of the Mountains
High Country Quilters
Sept. 30–Oct. 2, Maggie Valley
(828) 926-3169



CAROLINA COUNTRY adventures

Wilson and Lucama Daytrip

Incorporated in 1849 as a farm market, this town off I-95 boasts an amazing number of antique shops. To browse several close by, head to its antique district on Hwy. 301S. Boone's is a

four-acre treasure hunt and you can spend hours at Fulford's warehouses (the one here or the one downtown on Barnes Street). Don't get too tired to visit the Oliver Nestus Freeman Round House, a museum on historic East Nash Street displaying African American culture and contributions. Freeman, a noted black stone mason, used bottles, tree saplings, and string to build it in 1946. For good eats, insiders rave about the juicy steaks at Beefmaster Inn, a no-frills, dinner only eatery in a little cinder-block building on Hwy. 301S. For lunch, consider the stylish Quince Bistro on Ward Blvd. or you can dig into eastern-style 'cue at either Bill's Barbecue or Parker's. Then drive out to Lucama to see (from the road) the Whirligig Farm, a remarkable collection of towering junk-art masterpieces by famed artist Vollis Simpson at his property. This fantasy-like farm, roughly 20 minutes from Wilson, won't be there forever. Officials plan to open a new Whirligig Park, featuring more than 30 of Simpson's moved pieces, in downtown Wilson in November 2012.

Three top spots:

Gardens: The Wilson Rose Garden is both soothing and stimulating. Located on Herring Avenue (just west of Hwy 301S. on NC-42E), the handicapped-friendly garden is usually in full bloom May 1 through Oct. 30. It contains more than 1,200 rose plants consisting of 180 different varieties. (252) 399-2261 or www.wilsonrosegarden.com. Wilson Botanical Garden on Goldsboro Street offers an extensive tree collection and pretty perennial beds. (252) 237-0113 or www.wilson-nc.com/gardens. Both gardens are free.

North Carolina Baseball Museum: Located at Fleming Stadium on Stadium Street, the 3,328-square-foot facility showcases memorabilia from ball players who played in North Carolina, such as Catfish Hunter, Hoyt Wilhelm, Gaylord Perry, Enos Slaughter and Buck Leonard. Exhibits display memorabilia from youth, school, minor league, semi-pro, Negro league and American Legion baseball. Open on Thursday, Friday and Saturday from 10 a.m.–4 p.m., and Sunday, 1–5 pm. Admission charged. (252) 399-2261.

Imagination Station: Housed in Wilson's federal courthouse, the science and technology center offers more than 200 hands-on exhibits. Visitors spin as human gyros, learn how the brain perceives light, and watch their hair stand from 10,000 volts of static electricity. A new exhibit, "How People Make Things," begins this month. It includes interactive assembly, role-playing, and equipment such as die cutters, and runs Sept. 24 to Jan. 2, 2011. Admission charged; children under 3 admitted free. (252) 291-5113 or <http://new.imaginescience.org>

Learn of other nearby adventures and events:

(800) 497-7398
www.wilson-nc.com



Dinosaur at Imagination Station, which has more than 200 hands-on exhibits. A new exhibit, "How People Make Things," opens there this month.

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Slide into savings by replacing a window with a door

Replacing a wide window in a brick wall with a sliding door can make energy sense but only if you select an efficient sliding glass door and install it properly. I made this improvement to my own kitchen last year.

The overall efficiency of an airtight sliding glass door can be better than an insulated partial wall with a large inefficient window above it. My double horizontal slider window had double-pane glass, but the gap seal failed on one panel and all the weather-stripping was worn out, creating air leaks.

Although homes are constructed differently, you'll generally find a lot of reinforcing lumber framing around window openings. This is great for structural strength, but leads to inefficient thermal bridges and leaves little room for insulation. Once I removed the drywall, I found the sill plate had not been sealed properly and air was leaking in at the bottom of the wall. It's important to seal as much of the sill as possible to the foundation.

I selected a super-high-efficiency sliding glass door made by Thermal Industries (www.thermalindustries.com). It uses a steel-reinforced vinyl frame and triple-pane glass panels. Two of the glass panes have a low-emissivity coating and dense krypton inert gas between them. This provides a high insulation level and cuts down on noise. Always select a door which is Energy Star-qualified and meets federal energy tax credit requirements.

Another option is double-swinging French patio doors. If you have clearance in your dining room for swinging doors, these are more efficient.

Resources

For more details and photos of this project, visit www.dulley.com/newdoor.

Have a question for Jim?

Send inquiries to:
James Dulley, Carolina Country,
6906 Royalgreen Dr.,
Cincinnati, OH 45244
www.dulley.com



Sliding glass door is installed with only interior trim needed. Notice excess foam insulation trimmings on floor.

Swinging doors close on compression weather-stripping, so they seal better over the long term than a seal on sliding glass doors. Also, when you open both swinging doors, there is more open area for natural ventilation.


Thermal Industries sent along an expert to help me with my installation. Here are some tips he taught me:

Spend a few extra dollars and rent a large masonry saw to cut through the brick wall in one pass from outdoors. I bought a cheap masonry blade for my circular saw. It cut through the brick, but I had to make both outdoor and indoor cuts to get through the full wall width. This led to an uneven cut and an unbelievable amount of dust indoors. Wear a good N95 breathing mask whenever you cut masonry.

With a brick veneer wall, the width of the brick and the total wall framing thickness will be about twice the width of the sliding glass door frame.

The installer recommended positioning the door out on the brick to create a more stable door base. Indoors, this also recesses the door, making it easier to install tight thermal drapes during winter.

For the simplest installation, cut straight down from the existing window opening. You will have to build out the interior opening with studs to the same width as the brick, but this is still easier than resizing the entire opening. This will leave a gap between the new studs and the brick which must be insulated.

I used Great Stuff low-expansion foam, but fiberglass is also effective. Once the foam is sprayed in and expands, the insulation was covered with ¾-inch pressure-treated plywood. 

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

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Apple Cakes with Lemon Sauce

- 2 tablespoons shortening
- ¼ cup sugar
- 1 egg white
- ½ cup all-purpose flour
- ¼ teaspoon baking soda
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon salt
- ⅛ teaspoon nutmeg
- 1 cup shredded peeled apple
- ¼ cup chopped pecans

Lemon Sauce

- 2 tablespoons plus 2 teaspoons sugar
- 1 teaspoon cornstarch
- ¼ cup cold water
- 1½ teaspoons lemon juice
- 1½ teaspoons butter

In a small bowl, beat shortening and sugar until crumbly, about 2 minutes. Beat in egg white until combined. Combine the flour, baking soda, cinnamon, salt and nutmeg; add to shortening mixture just until combined. Fold in apple and pecans (batter will be thick).

Divide between two 8-ounce ramekins or custard cups coated with cooking spray. Bake at 325 degrees for 28–30 minutes or until a toothpick comes out clean.

In a small microwave-safe bowl, combine the sugar, cornstarch and water until smooth. Microwave, uncovered, on high for 2–3 minutes or until thickened, stirring every 30 seconds. Stir in lemon juice and butter until blended. Spoon over warm cakes.

Yield: 2 servings



From Your Kitchen

Creamy Potato Salad With Bacon

- 3 pounds small red new potatoes (about 24)
- Kosher salt and black pepper
- 8 slices bacon (more if you prefer lots of bacon)
- ½ cup mayonnaise
- ¼ cup sour cream
- 3 tablespoons white wine vinegar
- 4 stalks celery, thinly sliced (optional)
- ½ cup chopped fresh flat-leaf parsley
- 2 tablespoons chopped fresh tarragon

Place the potatoes in a large pot. Add enough cold water to cover and bring to a boil. Add 1 teaspoon salt, reduce heat, and simmer until tender, 15 to 18 minutes. Drain and run under cold water to cool. Cut into quarters.

Meanwhile cook the bacon in a large skillet over medium heat until crisp, 6 to 8 minutes. Transfer to a paper towel-lined plate. Let cool, then break into pieces.

In a large bowl, whisk together the mayonnaise, sour cream, vinegar, ¾ teaspoon salt and ½ teaspoon pepper. Add the potatoes and celery and toss to coat. Fold in the parsley, tarragon and bacon before serving. Refrigerate.

Yield: 8 servings

Dan Cook of Raleigh and the N.C. Association of Electric Cooperatives will receive \$25 for submitting this recipe.

Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com



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Balsamic Chicken Pasta Salad

- 3 cups uncooked bow tie pasta
- 4 cups cubed cooked chicken breast
- 2 cups chopped tomatoes
- ½ cup chopped red onion
- 4 bacon strips, cooked and crumbled
- ¼ cup crumbled Gorgonzola cheese
- ½ cup olive oil
- ¼ cup minced fresh basil
- ¼ cup balsamic vinegar
- 2 tablespoons brown sugar
- 1 teaspoon minced garlic
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup grated Parmesan cheese

Cook pasta according to package directions. Drain and rinse in cold water; transfer to a large bowl. Add the chicken, tomatoes, onion, bacon and Gorgonzola cheese.

In a small bowl, whisk the oil, basil, vinegar, brown sugar, garlic, salt and pepper. Drizzle over salad and toss to coat; sprinkle with Parmesan cheese.

Yield: 8 servings

Deluxe Chocolate Marshmallow Bars

- ¾ cup butter, softened
- 1½ cups sugar
- 3 eggs
- 1 teaspoon vanilla extract
- 1½ cups all-purpose flour
- 3 tablespoons baking cocoa
- 3 tablespoons baking powder
- ½ teaspoon salt
- ½ cup chopped nuts, optional
- 4 cups miniature marshmallows

Topping

- 1½ cups semisweet chocolate chips
- 1 cup peanut butter
- 3 tablespoons butter
- 2 cups rice cereal

In a small bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla.

Combine the flour, cocoa, baking powder and salt; gradually add to creamed mixture. Stir in nuts if desired. Spread in a greased 15-by-10-by-1-inch baking pan.

Bake at 350 degrees for 15–18 minutes. Sprinkle with marshmallows; bake 2–3 minutes longer. Remove to a wire rack. Using a knife dipped in water, spread the melted marshmallows evenly over top. Cool.

For topping, combine the chocolate chips, peanut butter and butter in a small saucepan. Cook and stir over low heat until blended. Remove from the heat; stir in cereal. Spread over bars immediately. Chill.

Yield: about 3 dozen



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